U.Va. experts urge innovative awareness

Hazardous Wastes

The state must adopt some innovative measures for overcoming local resistance to hazardous waste disposal facilities; otherwise, says the current University of Virginia News Letter, the Commonwealth faces some "serious problems."

Virginia's lack of regulated hazardous waste facilities "presents serious problems for the state," including "increased likelihood of illegal or 'midnight' dumping, the rapidly escalating costs for Virginia industries having to transport and dispose of wastes out of state, and the fear that at some point other states may refuse to accept our waste," write Richard C. Collins and Elizabeth B. Waters in the News Letter, published monthly by the University's Institute of Government.

In the wake of news accounts of Love Canal and Valley of the Drums, hazardous waste dumps have become what Collins and Ms. Waters call the premier "LULU," a planning acronym for "locally unwanted land use." Proposals for such facilities inevitably draw fierce local opposition.

Collins, who is a professor of planning and director of the Institute for Environmental Negotiation at the University, and Ms. Waters, former associate director of the institute, note that the federal government has left the job of siting hazardous waste facilities to the states. The articles, titled "Hazardous Waste Management in Virginia," points out that Virginia is currently considering new siting procedures.

The procedures the state adopts, say Collins and Ms. Waters, should include some "innovative approaches" to the problem, such as providing compensation or financial incentives for the host communities and the use of mediators to aid negotiations with localities.

Compensation for a community that agrees to host a hazardous waste site could take the form of state funds for the local school system or insurance that would protect property values near the site. Also, such a facility could be a revenue source for the locality, which could levy a "tipping fee" for each ton of waste deposited.

Such compensation seems only fair, say the authors, since the locality would be bearing the burden of an unwanted facility that benefits the rest of the state.

"A given product may have widespread benefits for the company that produces it and the consumers who buy it, but the hazardous wastes resulting from the manufacturing of that product generates very localized risks and costs," said Collins in a separate interview. "Compensation would help make up for those risks and costs."

The Environmental Protection Agency has urged the use of mediation in talks between localities and either the state or industries over siting hazardous waste facilities. Bringing in an impartial third party, said Collins, would help ensure "responsible negotiation."

Much of the current debate over hazardous waste siting in the state began when efforts to establish a facility in Buckingham County were blocked in 1981. Marked by a "series of confrontations, allegations and court battles," the Buckingham controversy ended when the owner of the site for the proposed facility gave in to public pressure and sold the land to the county.

"This action brought the painful episode to a close, but not before a number of serious questions had been raised about the adequacy of Virginia's current laws and procedures for managing hazardous waste," write Collins and Ms. Waters.

They point out that the Buckingham issue brought into focus the need for new legislation that not only would include measures for community compensation and mediation, but would also establish a "siting board" responsible for locating potential sites for facilities. Currently that job falls to the state's Division of Solid and Hazardous Waste Management, which is also charged with regulating such facilities. This "double mandate," say the authors, has raised questions of "potential conflict of interest."

New legislation, Collins and Ms. Waters add, would also need to establish both environmental and socioeconomic criteria for hazardous waste sites.

In the wake of the Buckingham controversy, the 1982 General Assembly charged the Virginia Solid Waste Commission with studying siting laws in other states and to propose legislation for Virginia. The commission recently announced that it will wait until the 1984 General Assembly to propose a legislative package.

Copies of the News Letter can be obtained by calling the Institute of Government at (804) 924-3396.

RAY NOBLE, CAPTAIN of the Appomattox County Volunteer Rescue Squad, is shown presenting Andy Scruggs (left) and Pete Doss (right), with lifetime membership in the ACVRS. (Photo by Allen Austin)

Tips on efficient heating

Saving on natural gas

As natural gas consumers suffer from rapidly rising gas prices and look to further increases in the future, it is natural to ask for help in saving money and in improving the efficiency of furnaces and the boilers which use natural gas.

How can we, as consumers, know whether we have the best and most efficient equipment? This article will try to give a short lesson on what makes an efficient furnace and heating system.

The most efficient system is the one which throws away the smallest amount of energy and gives the most energy to the area of the heated space. The least efficient type of system is the one which loses lots of hot air up the chimney and takes hot air from the heated space of the house. Any type of fireplace which lets air both from the heated space and from the combustion of the gas go up the chimney immediatley after burning will be the most inefficient.

Any burner which has a chimney must lose some of its energy as it takes the smoke up the chimney and out of the house. The whole purpose of the chimney is to take the smoke and combustion products up out of the living area. It requires heat to do this and the loss of that heat from the furnace makes the furnace inefficient.

Most older gas furnaces have openings for the combustion air to enter the furnace and pass up the chimney which are open all of the time. Consequently, these older furnaces are always losing hot or warm air up the chimney. These furnaces are called atmospheric burners because they are always open to the air and always have heat loss up the chimney.

The first improvement on the atmospheric burner has been made in two different ways. One is to put a vent damper into the chimney to eliminate the loss of warm air when the furnace is not burning gas. These systems work pretty well and have been on the market for several years. They improve the efficiency from 5 to 10 percent.

The next improvement was to change the furnace so it had to have the combustion air forced into it by fans or blowers. This type of furnace has been called a high pressure burner and is similiar in design to oil furnaces. For this type of burner, there is no loss of heat up the chimney when the furnace is not burning fuel. These forced air combustion burners are an improvement in efficiency over the simpler atmospheric burners, but there are still losses up the chimney during the burning of the fuel.

Playboys entertain

The Piedmont Playboys, a local country and western band, had the house rocking New Year's Eve at an Avalon Club dance.

The band helped a crowd of 338 usher in the New Year with a variety of country and western favorites, and all present had a good time.

Members of this talented group of musicians include Robert Honeycutt, Gene Grubbs, James Stevens, Robert E. Lee, Bud Melton, and Tommy Jennings.

AMS News

Students get lowdown on shoplifting problem

The most prevalent American crime is theft. Millions of citizens and billions of dollars are involved.

Shoplifting in stores is a problem. To familarize students with this problem, two of the special interest classes at Appomattox Middle School are involved in a simulation called Rip-Off.

The students will be studying the reasons people steal, the cost of shoplifting to business and consumers, the laws dealing with various forms of theft, the juvenile court system's purposes and procedures, and alternative ways to attack the problem of theft.

With the co-operation of a local merchant, several students will role play teenagers shoplifting. When the shoplifter is apprehended the class will hold a juvenile court hearing. The students will role play various persons associated with a juvenile court hearing: the accused, accuser, lawyers, parents, probation officers, friends of the accused, judge.

The students should have a better understanding of the problem of theft and an appreciation of the goals of the juvenile court system.

Concord School Menu

Concord Elementary School Menus for Jan. 17 to Jan. 19

Monday - Sausage patty, green peas, candied yams, roll, butter, pinesapple, milk.

Tuesday - Sausage and cheese pizza, corn, lettuce, tomato, apple pie, milk.

Wednesday - Steak-um, french fries, lettuce, tomato, gingerbread with lemon sauce, milk.

Thursday - No School.

Friday - No School.

OES to meet

The Order of Easter Star No. 10 will hold their regular stated meeting Jan. 17 at 7:30 p.m. in the chapter room.

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JOIN US FOR SUNDAY SCHOOL
SUNDAY SCHOOL.....10:00 A.M.
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SIZE	DESCRIPTION	PRICE	F.E.T.	SIZE	DESCRIPTION	PRICE	F.E.T.
P175-13	Commuter (Blk. by Firestone)	$53.00	$2.03	A78-13	4 PLY POLYESTER	$36.95	$1.53
P205-14	XTC	$60.00	$2.47	B78-13	4 PLY POLYESTER	$38.00	$1.61
GR78-14	Firestone Town & Country	$53.00	$2.70	E78-14	4 PLY POLYESTER	$45.00	$1.96
P185-14	Commuter	$57.00	$2.29	F78-14	4 PLY POLYESTER	$47.00	$2.37
155-15	Firestone Town & Country	$39.95	$1.74	G78-14	4 PLY POLYESTER	$49.00	$2.52
165-15	Firestone Town & Country	$42.00	$1.87	H78-14	4 PLY POLYESTER	$50.00	$2.69
P205-15	Commuter & XTC	$62.00	$2.62	G78-15	4 PLY POLYESTER	$50.00	$2.01
P215-15	Commuter	$65.00	$2.74	H78-15	4 PLY POLYESTER	$51.00	$2.02
P225-15	Commuter	$67.00	$2.90	J78-15	4 PLY POLYESTER	$52.00	$2.87
P235-15	Multi-Mil (Blk. by Uniroyal)	$73.00	$3.19				
DR78-14	Delta-Studded	$64.00	$2.47				

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When do bad habits show?

By SHIRLEY W. WALTON
Extension Agent

When Do Our Bad Habits Show?

The next time you feel hungry, ask yourself, "Is it true hunger or is it just a desire for food?" USDA nutritionists claim that there's a difference you need to recognize if you are overweight. True hunger is an inborn instinct, a physiological need for food. Desire for food or appetite is a learned response. The appetite can be stimulated by the sight and smell of food or by just the arrival of the mealtime hour.

One way to see where those extra pounds are coming from is to keep a detailed record of your own eating habits for at least a week. Write down what, when, where, why and how you eat and then review your record. Keep track of things like:

1. How many meals and snacks do you eat each day.
2. How much do you eat and how much time do you spend on each meal.
3. Is your eating behaviour different on weekends than during the week?
4. Where do you do most of your eating?
5. Do you usually eat alone or with other people.
6. Do you eat only when you are hungry or also when bored, nervous or fatigued?

After you see where you are getting all your calories, tackle one bad habit at a time. For example, if you do most of your eating when you are home watching television, set up a few rules for yourself. Cut out eating while watching T.V. Keep your hands busy. Knit or sew or iron, or even take a nap. Also, a good idea is when they are advertising lucious-looking foods on T.V., why not get up and exercise. Anything to keep busy and not just sit and watch T.V. and snack is better.

If you raid the refrigerator as soon as you get home from work, be sure to have some raw vegetables such as carrot and celery sticks there for snacks.

Unless you are the cook, stay out of the kitchen. If you conquer some fattening habits, reward yourself. No, don't bake and eat a new batch of brownies. Take a good walk instead.

If you are interested in a good walking program, you may write or call our office for details. Call 352-8244 or write P.O. Box 488, Appomattox, VA 24522 for complete details on a good walking program that will help you add years to your life and take inches off of your waist.

Have a good week!

Recipe of the Week

Jennifer's Bean Soup -- Navy Style

2 lbs. navy or pea beans
6 qts. water
4 cloves garlic
1 large onion chopped
1 1/2 lbs ham
2 medium potatoes chopped, boiled and mashed with milk and salt
2 carrots shredded
2 stalks of celery, chopped fine

Pick over and wash beans well. In a large pan (canner), add beans, water, garlic (slip two cloves on a toothpick so they will be easy to find), onion and ham. Bring to a boil and reduce to a simmer for approximately 1 - 2 hours until beans are firm but tender. Remove garlic and throw away; remove ham, cool and chop. Return ham to soup with carrots and celery. Simmer for about 1/2 hour. Stir mashed potatoes into soup and salt to taste. Serve with cornbread.

Lots of soup for giving, eating and freezing.

Many thanks go to Jennifer Midgett for sharing this delicious mouth-watering soup with us.

DOUG SEAMSTER, right, is shown with Mrs. Janet Noble, left, who was named Honorary Member of the Appomattox County Volunteer Rescue Squad at the Annual Awards Banquet held recently. (Photo by Allen Austin)

Tax seminar slated

The Distributive Education Department of Appomattox County High School will be sponsoring a Personal Income Tax Preparation Seminar on Wednesday, Jan. 26.

This seminar is designed to help individuals increase their understanding and skills in preparing their taxes. Mr. Monte Mays, Commissioenr of Revenue, will be the speaker and their will be opportunities for questions. The discussions will deal with how to complete the current forms and understanding new changes affecting personal income taxes.

The seminar will be held at ACHS in Room 305 from 7-9:30 p.m. Advanced registration is preferred, so materials can be provided. There will be no charge.

For further information or to register for the class, please contact John McHale, Distributive Education Coordinator, at 352-5317.

School menus

Middle School Menu

Thurs., Jan. 13 - Spaghetti, tomato, lettuce, carrot salad, prunes, hot roll, milk.

Fri., Jan. 14 - Turkey salad on lettuce leaf, baked beans, peaches, hot roll, milk.

Mon., Jan. 17 - Chili beans, cole slaw, apple sauce, hot roll, milk.

Tues., Jan. 18 - Pork Barbecue on bun, French fries, green beans, peaches, milk.

Wed., Jan. 18 - Corn dog, macaroni and cheese, mixed greens, fruit, milk.

Thurs., Jan. 20 - Turkey hash, whipped potatoes, green peas, hot roll, milk.

Fri., Jan. 21 - TEACHERS WORK DAY

Mon., Jan. 24 - Hot dog on bun, baked beans, cole slaw, fruit, milk.

Tues., Jan. 25 - Spaghetti, apple sauce, green peas, hot roll, milk

Wed., Jan. 26 - Pizza, tossed salad, buttered corn, milk.

Thurs., Jan. 27 - Fish squares, macaroni & cheese, mixed greens, hot roll, milk.

Fri., Jan. 28 - Fried chicken, whipped potatoes, green beans, hot roll, milk.

Mon., Jan. 31 - Chicken pattie, macaroni and cheese, green peas, hot roll, milk.

Primary School Menu

Wed., Jan 12 - Ham pattie, creamed potatoes - gravy, string beans, home baked roll - butter, jello - topping, milk.

Thurs., Jan 13 - Hamburger on bun, corn on cob, peaches, milk.

Fri., Jan 14 - Fish, mixed greens, French fries, half orange, milk.

Mon., Jan. 17 - Peanut butter & jelly sandwich, winter mixed vegetables, macaroni & cheese, fruit, cookie, milk.

Tues., Jan 18 - Pizza, Tossed salad, home baked roll - butter, pears, milk.

Wed., Jan. 19 - Turkey with gravy, green beans, candied yams, home baked rolls - butter, milk.

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Happiness is 4-H

Awards banquet set Jan. 22 at ACHS

By FRANK SWEET
Extension Agent

* * *

The Annual 4-H Awards Banquet will be held on Saturday evening, January 22, at 6:30 p.m. in the cafeteria of Appomattox County High School. The purpose of this banquet is to recognize 4-H members and volunteer leaders who have done outstanding work during the past year. Special invitations will be sent to all members and their families, who will be recognized at the awards banquet.

* * *

During the winter months we are sometimes faced with weather problems which may cause the postponement of 4-H activities or programs. Our standard procedure is to follow the school decisions and if Appomattox schools are closed, 4-H activities for that day or evening are also cancelled. There may be times when this rule will not apply. If in question, you may call the Extension Office at 352-9244. Major program postponements or cancellations will be announced on WFLO, WTTX and WLVA Radio Stations and WSET TV Station.

* * *

4-H Judging Teams will be organizing in January and beginning to practice for spring contests. Volunteers are always needed to help with the coaching and coordination of 4-H judging teams. If you might be willing to help, please let us know.

* * *

The District 4-H Contest for Senior 4-H'ers will be held on April 23 at Appomattox County High School. 4-H'ers from a 19 county area will take part in the program. District 4-H judging programs will be held on Saturday, May 14. The judging contests will be held in various locations depending on the subject matter involved.

* * *

February 1 is the deadline for entries in three 4-H Awards programs. Tobacco record books are due by February 1 as are record books for swine production and the beef cow-calf program. 4-H'ers with projects in these areas are encouraged to turn in their completed project record by the end of January. These awards programs are sponsored by the Tobacco Growers Association, Virginia Beef Cattle Association and the Virginia Purebred Swine Breeders Association.

* * *

The Appomattox County 4-H Public Speaking finals will be Thursday evening, February 10, at Appomattox Elementary School. Make your plans to be with us and hear some excellent speeches presented by our young people. Awards will be provided by Farmers National Bank.

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